Canned Fruit Bar Fresh Fruit Bar

Vegetable Bar Choice of Milk Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

Refried Beans Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

Multigrain Sunchip Tomato Soup California Blend Vegetable Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

BBQ Chicken Sandwich

Potato Wedges Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

Cheese Bosco Sticks

15

Marinara Sauce Roasted Broccoli Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

Chicken Bacon Ranch Melt

Baked Beans, Vegetarian Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

United Tastes of America

Baked Ham Whole Grain Dinner Roll Garlic Mashed Potato Steamed Green Beans Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

NO SCHOOL

18

21

14

No School

Crispy Chicken Sandwich

Broccoli Salad Roasted Corn Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

16

Chicken and Cheese Quesadilla

Lettuce, Tomato and Cheese Refried Beans Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

17

Pasta w/ Hearty Meat Sauce Whole Grain Dinner Roll

Roasted Broccoli Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

25

Salisbury Steak

Whole Grain Dinner Roll **Glazed Carrots** Mashed Potatoes Gravy Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

28

Beefy Nachos w/Cheese Sauce

Lettuce, Tomato and Cheese Black Beans Salsa Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

Adult Meal

Sweet & Sour Chicken

Seasoned Brown Rice Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

30

Cooks Choice

Mixed Vegetables Canned Fruit Bar Fresh Fruit Bar Vegetable Bar Choice of Milk

Free For Students Milk choice of 1% or chocolate, is included with your Lunch. Premium Adult Meal

For any questions or comments contact Vicky Kroll FSD at v.kroll@komets.k12.mn.us or 507-634-4462



Your MENUS plus more information on our app Teher Food4Life®



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